

## NewAccess Client Case Study 1

Information provided by Lives Lived Well, Service Provider in the Darling Downs and West Moreton region of Queensland.

### Client Background

- A 37-year-old man, unemployed and coping with the recent death of his long-time partner from cancer. He was struggling to cope with the grief and displayed self-destructive behaviour.
- He stated he was feeling overwhelmed with the loss and did not know how to cope. He blamed himself for the death of his partner, believing if he had taken her to the doctor earlier, she may have survived.

### Identified Goals

- To think about his partner and not think bad thoughts and being at fault.
- To think about his partner without engaging in self-destructive behaviour.

### Services Utilised

- Attended six Low Intensity Cognitive Behavioural Therapy (Li-CBT) sessions.
- Collaboratively completed the Behavioural Activation workbook.
- Encouraged to walk daily and find a pleasurable activity.
- Discussed progress each week with coach and talked about difficulties.

### Client outcomes after six sessions

- Walked every day.
- Lost weight in a healthy way.
- Started eating more healthy meals.
- Stopped blaming himself.
- Started his own business.
- Appearance changed, began taking pride in how he looked.
- No longer thinking in a negative way about the death of his partner.

### Coach summary

At the last session the client stated he was feeling good and had made plans to visit the Stockman's Hall of Fame. He was planning on travelling, seeing some of the country and was looking forward to living his life.

Before the final standardised questions were asked the client stated:

***"The scores are all going to be low because this is the best I have felt in a very long time."***

NewAccess client

